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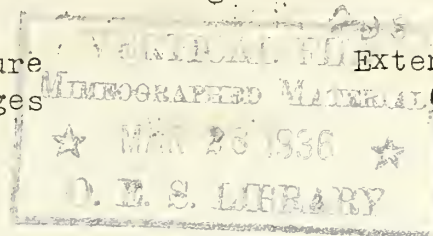
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Cooperative Extension Work in Agriculture and Home Economics

U. S. Department of Agriculture
and State Agricultural Colleges
Cooperating



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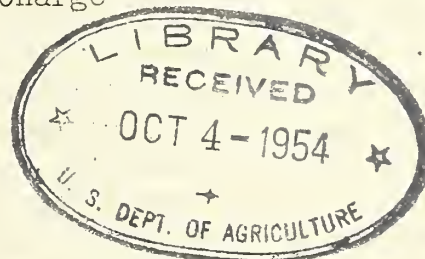
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O CHILD FEEDING*

PRENATAL, INFANT, AND PRESCHOOL

Excerpts from Annual Reports of State and County Extension Agents, 1934

Prepared by
Extension Studies and Teaching Section
M. C. Wilson, In Charge



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* No attempt is made to cite all references to child feeding in this circular.
Only selected extracts showing typical methods employed and results obtained in a number of States are included.

Child Feeding
Prenatal, Infant, and Preschool

ARKANSAS

Nutrition specialist:

Child feeding and care (parent education).--This project was planned for three meetings, either for local-leader training or with home demonstration clubs having a large number of preschool children in the homes. The subjects of the three meetings are as follows:

1. Food and care for the expectant mother.
2. Diet from infancy to school age.
3. Habit formation: Forming good food habits and correcting bad food habits.

The procedure was the same whether carried on with a home demonstration club or with nutrition local leaders in a county. Two local leaders were elected in each home demonstration club, with the advice of the home demonstration agents. Training meetings were held at central points in the county at which the specialist gave out and explained outlines of work which the leaders followed in giving the subject matter they had received to members of their own clubs and any mothers interested. The home demonstration leaders carried out the suggestions in their own homes and aided their neighbors also. Any questions which the leaders were unable to answer were brought to the next meeting. From 30 to 60 minutes were usually spent in answering questions and discussing different problems. A short review of the subject matter of previous meetings was given, followed by the new subject matter. Each leader gave a short report of the meetings she had held and the number of mothers she had contacted, together with any interesting details. Demonstrations on preparation of food for children were given by the specialist.

Logan County's child nutrition work has culminated in a Better Babies Club which has at present 145 babies enrolled. Mrs. Dan Hall, a nutrition leader, as secretary of the club sees that each mother receives and reads the literature prepared by the extension service and gives advice to the mothers. Mrs. Hall is a trained nurse and is very much interested to see that every child born in Logan County gets a good start. One hundred and nine mothers in the county are following instructions in child care and feeding. Two baby clinics were held in the county to give an opportunity for nonclub members to have their children examined. There were 69 babies and children examined, and 10 of these were scored almost perfect. These 10 children belonged to nutrition leaders. After going through the clinic, each mother was given an opportunity to consult the nutritionist in regard to food and health habits. Doctors, nurses, and club members cooperated to make this a success. These clinics showed the nonclub members that they needed instruction in child care and feeding, and many enrolled in the Better Babies Club.

Other counties report that 3,341 mothers carried on child feeding demonstrations with a saving of the expense of doctors and medicine. Searcy County reports the saving of the life of one baby due to following extension recommendations in child feeding.

Gertrude E. Conant
524 Post Office Building, Little Rock.

(Arkansas, continued)

874451

Pulaski County home demonstration agent

Child care and feeding was carried on by local leaders. Each mother of a young child and each expectant mother was given Chart no. 14, U. S. Bureau of Home Economics, and the Children's Bureau bulletin, Child Care, with instructions on how to use them. Many of the mothers were visited by these local leaders.

The following report on child care is from the Brady local leader, Mrs. J. S. Havinear:

"I have enrolled in my child-care report 18 mothers, and have visited 12 homes and distributed literature and explained what the chart cards and infant-care bulletins are, and how they may be used.

"On the second visit to some of these homes I find the women are using the literature and appreciate it very much. They have benefited very much in feeding and caring for their children. The 18 babies are all in good health."

Flora A. Ferrill, Little Rock.

CALIFORNIA

Kern County home demonstration agent

The agent was asked to talk to a group of mothers of young children and prospective mothers near Delano. This is an auxiliary of the Ladies Aid of the Methodist Church. There were 28 mothers and 10 young children present. Prenatal diet and the diet of the nursing mother and infant were especially stressed. Many questions were asked. Three of the women were farm-home-department members.

Individual advice given.- Mrs. H. H. Stone has followed the agent's advice on the feeding of her baby since he was first seen at a meeting when he was 3 weeks old. Suggestions on the regulation of the breast feedings, supplementary feedings, and finally a cow's milk formula after 6 months have been followed explicitly. Cod-liver oil, sun baths, fruit juices, and vegetables have all been given and fine results have been gained. The boy is 15 months old now and has the normal number of teeth, has fine color and muscle tone, and is active and walks.

Mrs. Stone's 11-year-old daughter was underweight and had a poor appetite. The agent advised using wheat germ. At a later date it was reported that Mrs. Stone was giving the wheat germ to her daughter in various ways so that the daughter would not detect it. The girl gained and her appetite improved.

Advice has been given to several mothers on the feeding and care of infants. The cards from the Children's Bureau and pamphlets on breastfeeding and sunlight for babies have been given out. Eleven mothers report the use of them with good results.

Dorothy Wilkinson, Bakersfield.

(California, continued)

Monterey County home demonstration agent

Preschool age.--One hundred and nine requests for circulars and bulletins on feeding the preschool child have been filled. Thirty-one children who were underweight have increased their weight by using wheat germ for vitamin B, more milk, or more fruit and vegetables for health and vigor.

Mother and infant.--One hundred and fifty-one bulletins and circulars were given out on prenatal and infant feeding during the year. Layette patterns and demonstration material were lent 14 times.

Olianna Olson, Salinas.

Solano County home demonstration agent

Five babies have been receiving regular supervision from the home demonstration agent in feeding schedules. A 3-week-old baby, badly fed and much underweight, which was brought to the attention of the home demonstration agent in December 1933, is now gaining and growing properly. Daily visits were made by the home demonstration agent until the milk formula could be adjusted to feed for a normal baby. The baby weighed $7\frac{1}{2}$ pounds when born and $5\frac{1}{2}$ pounds at 3 weeks, when brought to the attention of the home demonstration agent.

In May, one new baby, 5 weeks old, up from San Francisco on a visit, was added to the list for a few weeks. The milk disagreed with this baby, causing a general upset condition. It is now doing splendidly and to date is a healthy baby.

Prenatal diets: Preschool and child feeding.--There were 35 women given advice during the prenatal period. Of the 10 women given help last year, 5 are receiving continued help from time to time.

This makes six baby-feeding demonstrations, of which 5 are home demonstrators in teeth, and 35 helped with prenatal diets. These babies are visited regularly by the home demonstration agent.

Maybell S. Eager, Fairfield.

CONNECTICUT

Health specialist

Mother and child project.--The following factors are considered in selecting communities where this project will be given:

1. Number of children of preschool age in community.
2. Poor medical facilities.
3. Lack of school or district nurse.
4. Interest of women in project.
5. Request of school or district nurse in project.

Through the project leader a list of names of women with small children is secured.

Leaflets pertinent to the subject are distributed to the women on the list. The meetings are held in the afternoon in order that the women may get their work done and the children have their rest periods.

(Connecticut, continued)

At the first meeting the specialist gives a demonstration talk on signs of health in childhood. The children are weighed and measured, particular emphasis being put on a steady monthly gain rather than a definite weight for a given height. The weight is recorded each month so a definite check-up is available.

The demonstration talk on posture is given at the second meeting and is much enjoyed by old and young. The children enjoy the posture games and are most earnest in their effort to do the various tests.

At the third meeting the specialist gives a talk on contagious diseases together with suggestions for the after-care of the patient and sickroom. Slowly but surely we are, from this nucleus, building up a real appreciation of the value of early protection of children from communicable diseases.

At the fourth meeting health habits are discussed. The score cards are checked and the children are weighed and measured and improvement is noted. The specialist feels that although the number reached is small the results are far-reaching. The women attending the meetings have expressed their appreciation of the work given and have shown their confidence in extension work by carrying out the suggestions made by the specialist. Much more than the subject matter listed has been discussed at these meetings, and the general discussion is most valuable. The women talk fully about their problems in the group as well as in personal conferences.

Lisbeth MacDonald,
Connecticut State College, Storrs.

Middlesex County home demonstration agent

Miss Lisbeth MacDonald, extension specialist in rural health, prepared a series of leaflets entitled "A Health Program for the Family." An outline of this series was sent to our entire mailing list, and those who were interested (264) to receive the leaflets returned cards asking for them. There were six leaflets and they were sent in January, February, March, April, and June.

The Rev. Russell R. Morris of Middle Haddam wrote in to us in August and asked if this series of leaflets which Mrs. Morris had received could be sent to other women in his parish. Also, he wanted to know if he could recommend them to the county parent-teacher association groups of which he was a county council member.

A check-up was made in November 1934 to try to find out the interest and any value derived from the first series, and also to determine who wished to receive the second series. Some of the results are listed below:

Sixty women have been heard from to date and only three are not interested in receiving them another year. These three women said they enjoyed and benefited from the leaflets last year but did not want to receive them again.

Twenty women reported doing some of the reading suggested by the leaflets.

Four women reported that the leaflets were used in mothers' study groups in Middlefield, Middletown, Middle Haddam, and Clinton.

One woman in Clinton reported that several of the books suggested by Miss MacDonald were added to their public library.

Marjorie Symonds Lord, Middletown.

GEORGIA

Franklin County home demonstration agent

"Age (at beginning 3 months	Weight (at beginning 12 pounds, 6 ounces
(at end 8 months	at end 21 pounds.

"Our baby was born March 5, 1934. Weighed 7 pounds at birth. At 3 months of age a nutrition project was brought to us through our county home demonstration agent, Miss Nell Wier. This was on the first of June. The baby had been nursing every 3 hours up to this time, but was changed right off to a 4-hour schedule and directions have been closely followed. He had his fruit juices, cereals, vegetables, and everything just by instructions given in the bulletin.

"During the summer months he was given sun baths but was put on cod-liver oil the first of October. The baby has never had any serious sickness, no illness of any kind except from teething and a cold.

"The regular food habits have been closely followed; the baby is strong and healthy and has a well-built body. We are just so thankful for such a well-ordered dietary for babies. It is so far ahead of the oldtime way.

"This plan has been passed on to several other women."

Nell Wier, Carnesville.

Spalding County home demonstration agent

Mrs. Lewis Murphy, a former club girl, has a little baby about 7 months old that is being trained on schedule and by the book. He is a joy to see and to live with. Mrs. Z. L. Nail is feeding her baby by schedule, and now, at 11 months of age, he looks to be a perfect baby. Mrs. Bevil is trying to follow directions with her 3-month-old baby. Eloise Duke, 4 years, is a picture of health and has always been fed as near an adequate diet as her mother knows how to prepare. Her habits and behavior are as good as her health. The children of Spalding County are being fed better and have better training than ever before.

M. S. Sibley, Griffin.

HAWAII

Honolulu County home demonstration agent

Publication no. 202, Children's Bureau, U. S. Department of Labor - Are You Training Your Child To Be Happy?, has been studied as a basis of child management by the home demonstration clubs of Kaneohe, Pearl City, Aiea, and Kahuku.

Besides this booklet, Farmers Bulletin no. 717, Foods for Young Children, has been used with the adult groups.

November 8, 1933, Mrs. M. Abel, dietitian of Castle Kindergarten, gave a helpful talk on child feeding, at Kahuku. The discussion that followed changed the diets of six children. Mrs. Abel enabled the agent to obtain copies of the text booklet, Are You Training Your Child To Be Happy?

Mabel Greene, Honolulu.

KENTUCKY

Campbell County home demonstration agent

Advanced Meal Planning was the major project for the spring of 1934. The object of this course was to teach the homemaker how to plan well-balanced meals. The project for the preschool and school child was outlined as follows:

1. Planning meals for the preschool child.
 - a. Foods the young child can eat.
 - b. Foods the young child should eat.
 - c. How foods should be prepared for the young child.
 - d. Teaching the child to eat new foods.
 - e. Suggestions in overcoming food dislikes.
 - f. Demonstration: Everyday dish made attractive to the child.
2. Planning meals for the school child.
 - a. Adapting the diet of the young school child to older children.
 - b. Amount of food needed by the school child.
 - c. The good school lunch.
 - d. Suggestions for the school lunch.

As a demonstration of the method used and the points to observe in scoring a preschool child, Miss Imlay scored Lois Wesley, the 4-year-old daughter of one of our interested homemakers. Before the child was brought to the meeting Miss Imlay had stressed the fact that defects should not be emphasized and discussed in a child's presence. The demonstration for this meeting consisted of a molded spinach ring as an attractive and interesting way of serving spinach.

The second lesson, held March 28, was concerned with the feeding of the school child. This lesson emphasized the importance of proper food for the school child and gave the mothers plenty of food for thought. School lunches were discussed and their importance was explained.

Elizabeth Aaron Porter, Alexandria.

MAINE

Director

The correct principles of child feeding were emphasized to encourage mothers in the preparation and use of foods most suitable for children. The preliminary procedure consisted of securing the names of mothers with young children and inviting them to the meeting. Two meetings were held in each community, about a month apart.

The subject matter given at the first meeting related to teeth and bone development, daily essentials in the diet for normal health, and signs of a well-built and well-functioning body. Feeding schedules for infants and growing children were discussed briefly.

The second meeting was devoted to good food habits and recommendations for establishing good food habits. Fifty-two child-feeding meetings, held during the past year, were attended by 775 women, 471 of whom were mothers of young children. These mothers enrolled to follow 1,263 single practices recommended in child feeding. At the end of a period of from 1- to 2-months 649 of these practices were being followed.

Arthur L. Deering,
University of Maine, Orono.

(Maine, continued)

Food specialist

In connection with the project Happy, Healthy Growing Children, a report of our series of homemaker's letters should be given.

These letters are planned for rural mothers of young children who are not being reached in any other way by the extension service. The home demonstration agents secured the names. We have a mailing list of approximately 12,366 mothers.

The following is quoted from the annual report of Miss Charlotte Cleaves because it shows how far-reaching these letters have been in not only reaching so many additional homes in the county but also in their effect on the meetings on child feeding and especially membership. It is true that this agent has always been more interested in the children's project than some others.

This agent feels that making contacts with the mothers was easier because of the monthly letters which had been reaching them from the office for several months.

Penobscot County

"One project in which the agent feels real advancement has been made during the year is Happy, Healthy Growing Children. For a number of years child-development projects have been carried in the county with rather unsatisfactory results. We weren't reaching the young mothers - we were talking to the grandmothers.

"This year, beginning early in April, monthly letters on various phases of child feeding (prepared by the foods specialist) were sent to a list of the young mothers in each organized town in the county. Subject-matter material on different subjects concerned with feeding the family were either enclosed or offered in return for an enclosed post card addressed to the farm-bureau office. Response was high, averaging 32 percent, and contact was made with over 1,350 additional homes in the county.

"In five towns Happy, Healthy Growing Children meetings were also included. A local committee and the agent visited mothers in these communities, discussed some of the problems with them, and invited them to attend these meetings.

"Meetings were decidedly successful, with a good percentage of those visited attending. The mothers took literature distributed, discussed feeding problems with the agent, enrolled as cooperators, and last but not least many of them learned for the first time what the extension service was really doing. The result has been many additional requests for assistance coming to the agent, more interest in extension, and a larger attendance of young mothers at meetings. This year during the membership campaign it was discovered that the children's meetings had influenced many young mothers to become members of the farm-bureau organization.

"This may seem a small beginning, but the agent feels that it is an opening wedge - a means of working gradually toward those younger women to whom extension can after all give the greatest assistance.

"It would seem that this work continued and these contacts with mothers kept up over a period of years would do much toward changing the age grouping of women found in our membership list and getting to those to whom extension can offer most."

Therese E. Wood,
University of Maine, Orono.

(Maine, continued)

Cumberland County home demonstration agent

During the past few years the agents have found it hard to reach the mothers of young children, and children's meetings have not been a great success. In 1934 a new method was tried, and the agent feels that it has brought real results.

At planning meetings each group was asked to make out a list of mothers of young children within the community. We tried to reach those not contacted before as well as those already acquainted with extension work.

A list of 500 was made up, and to these 500 mothers a series of 11 letters was sent. Some of the letters gave subject-matter information while others enclosed request cards which could be returned for material.

Material offered was on vegetables, canning, meal planning, school lunches, and milk.

Mrs. Sawyer of Gray joined the local group, and when the agent met her for the first time, she said, "It seems as though I have always known you because of those letters you send me. I pass them on to both of my married daughters."

The agent was introduced to one woman who said, "Oh, I know her. She writes me every month."

There is not a thing in the past few years that has done more for extension work than these letters.

At first the agent wondered how much they would amount to, but she has no doubt now.

Twenty-two and one-tenth percent replies is certainly worth while. Revising and adding to this list will be necessary before it is continued.

Agnes F. Gibbs, Portland.

MISSOURI

Nutrition specialist

Child nutrition.--Four hundred and fifty-nine clubs studied the causes of malnutrition among children, and 139 clubs had talks at school or other places on the cause of malnutrition and on good food habits. Civil Works Administration nurses reported by the women's clubs 32,139 undernourished children found; 49 schools checked the food habits of the children under the food-selection score card; 412 clubs helped to feed undernourished or relief children last winter; and 1,404 mothers used suggestions given on ways of stimulating the appetite, or getting children to eat the food they need, on sleep, on rest, on giving them cod-liver oil. From the State food-and-nutrition supplement reports of 14 home demonstration agents and 3 county agent counties, 475 children under 1 year were given cod-liver oil, 488 over a year old; 834 children under 1 year were given regular sun baths and 526 children over 1 year. Tomato or orange juice was given to 400 children under 1 year old and 651 over 1 year old.

Perry County reports that 11 clubs studied the cause of malnutrition among children. Twenty-seven mothers in this county used suggestions on ways of stimulating the appetites of children. Five clubs helped to feed undernourished or relief children last winter. It is estimated by the C.W.A. nurse that there are about 600 undernourished children in school. About 400 of these children were from families that needed relief.

Flora L. Carl,
University of Missouri, Columbia.

NEVADA

Washoe County home demonstration agent

(Note: The agent in Washoe County has an advanced degree with a major in Child Care and Training, and serves as specialist for this type of work in the State.)

Preschool home demonstration.--Work with children of school age has been carried on through the Keep Growing Project for 12 years. The children of preschool age were not reached through the extension service until 1930.

Thirteen communities in Washoe County are now enrolled in the preschool demonstration.

There are few children in the rural communities. Since a nursery school in the rural districts is out of the question because of the great distances and the expense of operation, the plan being worked out in Washoe County is to apply nursery-school methods in the homes. The project as planned works nicely if enough time can be spent on the work to accomplish the desired results.

Parents realize more and more that habits both physical and mental formed at this early age stay with the child through life. Every parent wants his child to be a happy, useful citizen. Much publicity is also given to the importance of the early training in child development.

The local Federal Emergency Relief Administration nursery school for underprivileged children is helping to give the general public an idea of the purpose of nursery schools.

Some help has been given in this project.

Assistance was given the Civil Works Service nursery-school project in planning the program of work, meals, weighing the children, and checking the general set-up.

The preschool home demonstration in Washoe County was started by enrolling only six children of preschool age in individual homes. Home visits are made regularly. Children are weighed and measured, and help is given with feeding, clothing, toilet training, and so forth.

The table below shows the progress of preschool home demonstrations in Washoe County itself from 1929 through 1934. In addition, the work has extended into other counties, the Washoe County agent acting as child care and training specialist for the State, and giving help and suggestions to the other agents in developing the project in their own counties.

Progress of preschool home demonstrations in Washoe County, Nev.:

	: 1929	: 1930	: 1931	: 1932	: 1933	: 1934
Number of children enrolled.....:	6	10	28	123	121	115
Number of communities (scattered)-----		2	4	14	11	13

Most of the work is done by home visits. The home-visit method is the most satisfactory, as one sees the child in his home surroundings. The mothers have a chance to talk over their problems, and feel free to discuss family situations. The disadvantage is the amount of time required to make these visits. The scales are also very heavy to carry around. The children could be brought to the extension office if another pair of scales could be purchased to supplement the pair in constant use in the county.

The mothers are becoming interested in habit formation but they are still more interested in the weight of the child. This phase of the work has been so greatly stressed in the Keep Growing work that it is difficult to make the mothers conscious of the importance of other phases of development.

(Nevada, continued)

The project continues to grow. More women are asking for help during the prenatal period. Parents are getting ready for the new baby before it arrives. More mothers are going to doctors for care during pregnancy.

Each year it is planned to do more on the project, as it is badly needed. The work of organizing young mothers into a special group is being taken up at all meetings. This year there have been five new babies in the homemakers' group.

An exhibit of infants' and children's clothing was prepared by the agent and Miss Lena Hauke, State clothing specialist. This material was shown at all homemakers' meetings and at a county children's clothing contest.

New subject-matter material will be prepared for the extension conference to be held in January by the agent in pursuit of her specialist duties.

Days devoted to project.....	17
Leaders assisting.....	6
Children involved.....	115
Home visits made.....	113
Method demonstrations.....	120
Parents given help with problems of	
Nutrition.....	115
Thumb sucking.....	5
Regular schedules.....	115
Sleep.....	75
Habit training.....	82
Sun baths and cod-liver oil.....	115
Toilet training.....	35
Clothing.....	115

M. Gertrude Hayes, Reno.

Churchill County home demonstration agent

Child care and development (preschool).--This work was carried on through two subdivisions of the Good Growth and Development project:

1. Preschool home demonstrations.
2. Prepare-for-school round-up.

Preschool-child home demonstrations.--The home demonstrations with preschool children were conducted in four communities, with 15 children enrolled. Help and suggestions were also given to 57 mothers of other children regarding child care and training in six other communities.

Relief phase.--During the past year, the proper feeding of children has been quite a problem with some Churchill County families. These people, in addition to some of the families on relief lists, have been furnished with bulletins and circulars dealing with foods necessary for adequate growth and development. Cod-liver oil was furnished in some instances to children who were in poor nutritional condition.

In carrying out this project two different methods were used: (1) The home-visit or group method, where the children were weighed and measured and the mothers interviewed regarding the food and health habits of the child, talks also being given the mothers at homemakers' meetings; and (2) the office-visit method, where the children were brought to the extension office and the agent interviewed.

(Nevada, continued)

Ten leaders were assisted with this project, to which the agent devoted 13 $\frac{1}{2}$ days. Ninety-one bulletins were distributed, 30 home visits made, and 67 office calls received. Sixteen method-demonstration meetings were held, with seven meetings at result demonstrations, of which there were 15 carried throughout the year. Seventy-two families improved the habits of children, and 15 families substituted positive methods of discipline for negative ones. Twelve families provided recommended play equipment, and nine families followed recommendations regarding furnishings adapted to children's needs. Seventy-two different individuals participated in the child-development and parent-education program, and 85 children were involved.

Lena Hauke, Fallon.

Elko County home demonstration agent

Keep-Growing Project.--Twenty-two communities have been involved in this project with a total of 594 children completing the demonstrations. Hot lunches have been served in 17 of these communities in one way or another. Carlin, Metropolis, Contact, and Wells have had the Civil Works Service Administration hot-lunch project under the very able supervision of Mrs. Alice Murdock. The Elko schools were also included in this project, but were not enrolled in the Keep Growing demonstration. In 13 schools milk has been served at noon or recess, thus helping the children to gain more regularly. Child Health Day was celebrated in 10 communities with a total of 1,193 adults and children attending the programs, which shows the growth of interest in child health and the cooperation of women's organizations which sponsored these programs...

This year, Elko County can boast 13 schools or nearly 59 percent of the Keep Growing communities qualifying for a silver-star certificate, since they have at least 75 percent of their children in good nutritional condition, and not more than 10 percent in poor nutrition. Five of these schools are rated as gold-star communities, since they also meet the sanitary requirements of safe drinking water, good toilets, and good hand-washing facilities. The percentage of school children in the county in good nutritional condition has increased from 55.14 to 72.28 this year. This is an increase of 17.14 percent which is over one and one-half times the State goal. In the fall, 19 percent of these youngsters were gold-star children, and in the spring 36 percent, or nearly twice the number, had this distinction. These figures indicate the tremendous improvement during the year in the children's health.

Preschool home demonstrations.--The preschool-child project is proving more popular each year. This year a total of 81 home demonstrations was carried on, 25 of which were result demonstrations. The children in this project vary in age from 2 months to 5 years. The work depends upon the needs of each individual child.

Besides weighing and measuring the children to note indications of growth, advice is given on health habits such as thumb sucking and toilet training, and on proper food, clothing, and play equipment, as well as personality development. Group conferences are supplemented by home visits as the need arises.

(Nevada, continued)

Mrs. Christie Thompson, State health nurse, visited the county for a week in June which aided the work greatly. She inspected the preschool children for physical defects, working seven communities. Later, two other communities entered.

A majority of these home demonstrations will be continued until these children enter school, and are enrolled in the Keep Growing work.

Margaret Bremer, Elko.

NEW HAMPSHIRE

Nutrition specialist

There has been a united effort on the part of the home-economics extension staff to get in touch with more of the young mothers who cannot leave home for all-day meetings. A 2-hour meeting was planned in communities where there were at least six mothers interested. These were conducted by the home demonstration agent or nutrition specialist.

Belknap County did an especially good piece of work. A committee of three was appointed to take charge of the meeting. They visited the mothers to ask them to attend the meeting, provided transportation and care of children could be taken care of. There were 15 meetings held with an average attendance of 9.8.

Correct food habits for children was the subject for discussion, concluded by a short demonstration on children's food. A kit containing illustrative material proved very effective in helping to make the meeting interesting. The Government bulletin Food Habits for Children was given to each one present. Thirty-one meetings were held with an average attendance of nine. The attendance is small, but many of these people are new women. Almost 50 percent of those present reported that they had adopted one or more practices.

There are some mothers who find it impossible to leave home, and for these particular ones two circular letters were prepared - one on good eating habits and one on Christmas sweets for children. These letters were sent to 499 women. In Belknap County, 275 women received the letters, and 54 wrote in to the office for the food-habit bulletin offered in the first letter. One grandmother reports that since her daughter-in-law went to the mother's meeting she has been feeding her child differently and the child looks much better.

Elizabeth Ellis,
University of New Hampshire, Durham.

Merrimack County home demonstration agent

In New Hampshire the census report shows that there are 3,932 children under the age of 5 years and 9,989 children between 5 and 14 years of age. A survey made of 457 families with 539 preschool children and 766 of school age reveals the following outstanding problems:

- 39 percent show problems with meals for children.
- 34 percent show problems with food habits.
- 25 percent show problems with getting work done.

(New Hampshire, continued)

- 55 percent show problems with recreation.
- 24 percent show problems with construction of clothing.
- 40 percent show problems with securing patterns.
- 23 percent show problems in the selection of clothing.

The mothers' meetings in Merrimack County considered only the problems relating to food and nutrition, since that was the major project for the county. The aim of these meetings was to assist in the development of a well-rounded life for the rural child by the selection of proper food and the formation of correct food and health habits.

Mothers with children between the ages of 1 and 15 years were invited to attend these meetings. A quick carrot soup, steamed liver, and junket were the dishes prepared at these demonstrations. The youngsters coming in after school had a party and tasted the different foods. They never refused any of them although several were reported as not liking carrots or junket.

The State kit was available for these meetings. This contained three different types of plates, a straight-handled knife, fork, and spoon set, samples of good and poor patterns of oilcloth to use for doilies, and a pitcher suitable for the child to use to pour his own milk from.

The bulletins distributed at this meeting were Leaflet #42, Good Food Habits for Children; and Farmers' Bulletin #1674, Food for Children, both from the United States Department of Agriculture.

Summary.--Number of meetings.....4
Number of mothers attending.....25
Number children represented.....44

Alice L. Fitch, Concord.

NEW YORK

Foods and nutrition specialist

A cooperative program for infant and preschool feeding problems has been developed in four counties. Two of them have been carried over from last year's work, and two new ones started in Erie and Orleans Counties. These have been a combination of research and extension work.

Orleans County

In March 1933, the Orleans County Home Bureau, cooperating with the Orleans County Medical Society, the New York State Department of Health, and the county nurses, inaugurated monthly clinics for preschool children. Three clinics were held each month in three different centers in the county with from 12 to 15 children seen at each clinic through appointments made by the county nurse.

An individual conference was had with each mother by a Specialist in child nutrition from the New York State College of Home Economics. These conferences dealt with the problems of feeding the family as well as the problems pertaining only to the children. Very often it was necessary to help mothers with the budgeting of their food allowance, to suggest ways of using the available Federal foods, or to get more adequate help for some of the families.

(New York, continued)

Initial records have been kept of the physical condition of some 250 children with the medical and dietary suggestions that have been given. Re-examination and progress check-ups of these children have been started. It is thought that from an analysis of these records it will be possible to find out the dietary habits of this particular group of children and to show, perhaps, what some of the effects are of the past 5 years' shortage of money upon their physical condition.

A fund of material should be available that may be valuable in showing a point of emphasis in planning the future programs of work of the home bureau so that it may function more adequately in the community as a whole.

Erie County

The child nutrition work in Erie County was begun in the fall of 1934, and has functioned along three different lines:

1. Discussion groups, sponsored by the home bureau units, were open to any interested persons in the communities for consideration of various phases of infant and child feeding. Discussion of individual problems brought up by the mothers followed each meeting.

2. Well baby clinics were held at which the specialist acted as consultant, helping mothers with problems of feeding their children, scheduling the day's activities, etc. Here, too, help was often requested in budgeting and managing of money.

3. Discussions were held with the Erie County visiting housekeepers concerning the feeding of children to help them with individual feeding problems. Some home visits were made and individual feeding consultations were held.

This 3-way program seems to have many things in its favor. One has no opportunity to forget the practical side of the work, and each group brings to every other group some of its vitality and interest, as well as variety of problems.

Lorna Barber,
New York State College of Agriculture, Ithaca.

Chemung County home demonstration agent

The county continued for another year the campaign for healthier, happier babies which was started in 1932. A series of eight letters on child feeding and child guidance was sent out to 334 mothers outside of the city of Elmira who according to birth records had a baby from 1 to 2 years of age. These letters brought a response from 40 mothers asking for special help in the way of bulletins and home visits.

In reviewing the results of the past 3 years in this piece of work, it was felt that more good could be done if a nutritionist came in direct contact with the mothers. Therefore, a nutrition clinic was started last April. This clinic was held once a month in the village of Horseheads, and any mother who lived outside the city of Elmira was eligible to bring her child. The Visiting Nurse Association cooperated by furnishing a nurse to examine the children as they came in, in order to eliminate any contagious disease. She also helped to weigh and measure the children. At the first two clinics, the children were examined by the nurse and the nutritionist, Mrs. Rachael Bizal or Mrs. Marguerite Harper, and the mother was advised as to the feeding of her youngster. Since then a doctor has also been present to give the children a thorough physical examination, and the clinic has been strengthened immeasurably because of this service. Doctors in Horseheads and Elmira Heights have volunteered their services and have been most cooperative.

(New York, continued)

Twenty-nine mothers have brought their children to the clinic and eight have come regularly for advice and consultation. While this is a small number, real progress has been made with them. The visiting nurse who covers the village of Horseheads, and who was antagonistic at first, says she feels the clinic has made a real contribution and that it would be a real calamity if it were stopped.

Each mother has been visited at least once, and more when there has been some special problem on which she has needed help. The nutritionist, Mrs. Marguerite Harper, has done some of the visiting and the agent the rest. With some, the mothers have only needed help in interpreting the diet schedules which had been recommended by a physician. In other cases the mother was not changing the baby's formula to keep up with his needs. At the first clinic, one 6-month-old baby appeared who was covered with eczema and who was having great difficulty in retaining any food. The family doctor was unable to make any progress with the problem and said he would be glad to have the mother visit the clinic and get the advice of the nutritionist. She found that the baby was receiving altogether too much milk, and recommended that the milk be cut down and cereal added to his diet and that sun baths be given. The child improved almost immediately, and when he returned to the clinic he was very much better although there was still some eczema which seemed to be due to too much fat. The mother was very grateful for the help, and said that she felt the advice given her had helped more than any she had received.

G. Dorothy Williams,
Elmira.

OKLAHOMA

Home demonstration district supervisor

Family nutrition was carried on in the program of work in seven counties in the northwest district. In the nutrition demonstration, the immediate goal is to urge people to safeguard their health as best they can through careful, selected diets, during the present period of limited income.

The following is the report of the family-nutrition work carried on in Noble County:

Goals: 2 method demonstrations to each club.
 40 result demonstrations.
 75 percent reports.
Results: 2 method demonstrations given.
 23 result demonstrations.
 91.3 percent reports.

This work was correlated with child development. By checking the health habits and urging the preschool children better food habits were formed. Twenty-one of the women enrolled checked the food chart and reported. Twelve reported to have found points which needed correcting, and they corrected them by: Eating greens, more potatoes, leafy vegetables, more milk, and fruits. Sixteen reported to be able to widen the variety of foods eaten.

Mrs. Jessie Holt of Redrock wrote concerning her work in child nutrition, "I have greatly improved the food and health habits of my 6-year-old daughter. Just before I started in nutrition, Ethel Maye had the flu, whooping cough, and

measles. About a month later she developed boils and was very irritable; in fact, she could not play with other children, she was so cross. I gradually changed her diet to one having plenty of orange juice, leafy and fresh vegetables, carrots, and milk. Soon I could see a change in her, and now I believe she is in better health than ever."

Alice Carlson,
Oklahoma A. & M. College, Stillwater.

UTAH

Nutrition specialist

Four hundred ninety-seven mothers of young children received 3,465 copies of seven different circular letters on food and health training. Request cards were returned from 287 women for 999 bulletins. Improved practices in child feeding and habit training were adopted in 143 homes.

Methods.--This project phase was conducted in Morgan and Summit Counties by means of circular letters. A mailing list of mothers of young children was procured. An introductory letter was sent to each mother explaining the purpose of the project. A series of seven different letters was mailed to these mothers so that they received a different one every week or 10 days. With each letter was sent a card which could be returned for a bulletin giving additional information on the subject discussed in that particular letter.

This project phase was prepared to reach mothers who are not easily reached by meetings. During the winter months it is difficult to hold meetings in parts of the counties because of snow and road conditions.

Elna Miller,
Agricultural College of Utah, Logan.

VERMONT

Nutrition specialist

Your children's food habits.--The third in a series of meetings on Keeping the Family Well was given as the community meeting of the year. The home demonstration group invited all mothers of young children who were not regular home demonstration members. Although all meetings are open to everyone, unless a special invitation is given the group is necessarily composed of regular members. The children were entertained and were served milk drinks and cookies. To the mothers, facts from the nutrition-health survey were presented. Special emphasis was given to the subject of growth, teeth, and common colds, and general health. The subjects of prenatal diet, the diet of the preschool child, and diet of the school child and school lunches were discussed. The child-feeding charts from the Bureau of Home Economics were shown. The child-feeding circulars from the Children's Bureau and the Vermont State Board of Health were shown. A limited supply was distributed and others ordered by the mothers.

This project was carried in 11 counties. A total of 931 families report following recommendations in child feeding and 746 report improving school lunch.

The regular nutrition program comprised these series of meetings throughout the State.

Lillian V. Anderson,
University of Vermont, Burlington.

